

## Information and Events

Lanarkshire Carers Centre provides information and advice to carers and can signpost and refer to other agencies as required. We also arrange and take part in a number of events for carers throughout Lanarkshire. You can sign up to receive our news and information updates by email.

## Fundraising

We have a number of fundraising initiatives including our recycling service where you can donate any unwanted jewellery, mobile phones and foreign currency. Our 50/50 club is open for anyone to join and members can win a cash prize every month. Application forms are available on request.

## Moving Forward from Caring

Carers who have accessed our services are offered support when their caring role changes or ends. We provide information about other community organisations that provide services appropriate to your circumstances.

Further information about Lanarkshire Carers Centre services and other topics can be found on our website:

[www.lanarkshirecarerscentre.org.uk](http://www.lanarkshirecarerscentre.org.uk)

We are also on facebook and twitter, where you can keep up to date with our latest news. Please feel free to drop into one of our centres, call or email us and we will be happy to assist you further.

### Hamilton Centre

Unit 1a, Princes Gate  
60 Castle Street  
Hamilton ML3 6BU

Telephone: **01698 428090**

### Airdrie Base

92 Hallcraig Street  
Airdrie  
ML6 6AW

Telephone: **01236 755550**

Email: [info@lanarkshirecarerscentre.org.uk](mailto:info@lanarkshirecarerscentre.org.uk)

Urdu/Punjabi Telephone: **07780 926595**

Young Adult Carer Line: **07746 303612**

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# Lanarkshire Carers Centre



## Services We Offer



## **Carer Support**

We have Carer Support Workers based throughout Lanarkshire that provide individual support to help you manage and continue your caring role. This can cover a range of information about your rights, services available, help with grants and benefits, accessing a short break including respite and someone who can offer advice and time to listen.

## **Carer Support Groups**

Local Carer Support Groups meet throughout Lanarkshire. These groups bring carers together to share information, talk openly about issues, meet other carers, relax and enjoy the company of others. There are area based groups as well as International Women's Group, Men's Group, Parent Carer Groups and others. Meeting times, venues and frequency vary so please contact us if you are interested in attending.

## **Caretalk**

Our Caretalk service provides a weekly telephone call to carers. This regular, friendly call can help carers feel less isolated and provides contact for further support when required. This service is available in a range of languages including English, Urdu, Punjabi and Polish.

## **Training**

Our Carer Training Programme covers a range of topics to help you feel confident in your caring role and look after your own health and wellbeing. If your caring role is new, our Steps of Caring Programme will provide useful information and helpful contacts. Other topics cover a range of issues that are specific to your caring role. We are always interested in suggestions for new topics that will support carers so please let us know if you have any ideas.

## **Creative Breaks**

We have been awarded funding from the Creative Breaks Fund, provided by the Scottish Government. Carers and young carers who are caring for an adult (aged 21 and over) can apply for funding to help them access a short break. All applications should be signed by a local Carer Support Worker from our organisation and will be considered by a panel that meets monthly.

## **Black and Minority Ethnic Service (BME)**

We provide support to BME communities. Our BME Carer Support Worker's role is to identify, engage and support BME carers throughout Lanarkshire. Help to access written and oral translation can be provided. Urdu/Punjabi direct line on 07780 926595.

## **Carers Registration Card**

Our Carers Registration Card provides access to some of our services and offers a range of discounts with local organisations and businesses. All new applicants receive access to up to 8 weeks free local leisure opportunities (eligibility applies).

## **Pampering**

We have Pampering services in a number of venues throughout Lanarkshire. Therapists provide holistic and beauty treatments that can offer you time away from your caring role and a chance for you to relax. These services are provided at a subsidised rate and can also be accessed by the person you care for in some venues.

## **Keep Well Health Check**

Looking after your own health and wellbeing is just as important as the health and wellbeing of the person you care for. In partnership with NHS Lanarkshire, we offer carers a free 30-minute health check with a Keep Well Nurse.

## **Carers Foot Clinic**

We have Carers Foot Clinics that provide podiatry services in a number of venues. To access appointments you need a Carers Registration Card. This service is offered at a subsidised rate.

## **Volunteering**

Lanarkshire Carers Centre has a team of volunteers who help to deliver our services. Training and support is offered and there are opportunities to suit different interests, experience and circumstances. If you would like to contribute in this much needed and valued way please speak to one of our staff.

## **Young Adult Carers**

Lanarkshire Carers Centre understands that the support needs of young adult carers may sometimes be different to those of other carers. We have a dedicated support service for young adult carers aged 18-25, providing confidential advice and emotional support as well as social groups, activities, events and resources tailored to support you in your caring role.